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Title of the master thesis: The Validation of czech version of 3DPAR [questionnaire](#) for adolescents

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Abstract: The aim of the study was to test the questionnaire of physical activity "3 Day Physical Activity Recall" and determine its reliability and validity. The research was accomplished by using pedometers Yamax SW 200 on a group of children from 15 to 17 years. The theoretical part of this thesis reviews the possibilities of monitoring the physical activity of youth by subjective and objective methods with some examples of studies already carried out. The results were statistically processed and described.

Keywords: physical activity, 3DPAR questionnaire, pedometer

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